Extracorpeal Shockwave Lithotripsy (ESWL)

PREPARING FOR YOUR PROCEDURE

- For 10 Days before the procedure do not take medication containing aspirin, ibuprofen, (Motrin, Nuprin, or Advil) Indocin, nor Persantine (dipyridamole). If you take aspirin or Persantine for your heart or to prevent stroke, check with your medical doctor.

THE DAY BEFORE YOUR ESWL PROCEDURE

- Eat a **LOW-FIBER BREAKFAST and LUNCH**.
- Take (4) Dulcolax tablets the afternoon prior to surgery. You can get these at your pharmacy without a prescription. You will probably have diarrhea for about two hours after taking.
- Drink **CLEAR LIQUIDS ONLY (no dairy) for SUPPER**. This may include clear soups, Jell-O, fruit juice, coffee, tea or soda.
- Drink plenty (at least three 8-ounce glasses) of clear liquids, but no solid food, in BOTH the afternoon and the evening.

LOW-FIBER DIET (low-residue diet)

- Eating foods low in fiber makes it easier to clean out your colon.

ALLOWED:

- White bread, crackers, pancakes, waffles, French toast, cream of wheat, cornmeal, rice cereal, peeled potatoes, white pasta and white rice.
- Tender well-cooked meat, poultry, fish, seafood, eggs, tofu, plain cheese, smooth peanut butter, milk, plain yogurt and ice cream without fruit, nuts or seeds.
- Well-cooked or canned green/wax beans, beets, mushrooms, peeled zucchini, carrots, onions, summer squash, seedless tomato sauce, applesauce, canned/cooked fruit, bananas, juice without pulp (except prune).
- Broth, bouillon, strained soups, cream soups and casseroles made with approved ingredients.
- Plain cakes, cookies, pudding, custard, cream pie, gelatin, sherbet, popsicles, plain ice cream, hard candy, honey, jelly, syrup and marshmallows.
- Small amounts of butter, margarine, cream, mayonnaise, oils, plain dressing and gravy; crisp bacon without rind, ketchup, mustard, vinegar, smooth sauces, cocoa powder and small amounts of ground spices.
- Most beverages, including milk and juice without pulp.

AVOID:

- Whole-grain or seeded breads, bran, oatmeal, granola, brown or wild rice, whole-wheat pasta, corn tortillas/chips, popcorn, potato skins.
- Tough meat, beans, lentils, peas, nuts, seeds, chunky peanut butter, dairy with nuts or seeds.
- Raw vegetables, berries, fresh fruit other than bananas, dried fruit, fruit juice with pulp, prune juice.
- Soups or mixed dishes containing foods listed in the avoid section.
- Desserts or candy with nuts or dried fruit, jam with seeds, marmalade.
- Nuts, seeds, coconut, pickles, and olives.
- Prune juice, any juices with pulp.

CLEAR LIQUID DIET

- This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No RED or PURPLE liquids should be consumed.

ALLOWED:

- Tea (regular or decaffeinated), soda, fruit-flavored drinks, strained apple or white grape juice, lemonade.
- Clear broth or consommé, clear gelatin, popsicles (not red or purple), sugar, honey, syrup, clear hard candy, salt.

AVOID:

- Milk, milk drinks, juice with pulp or unstrained fruit, any RED or PURPLE drink.
- Creamy or chunky soups, other desserts, solid foods including meat, vegetables, grains and fats.

SAMPLE MENU:

- Meal 1: 4 oz white grape juice, 6 oz clear broth, gelatin, tea.
- Meal 2: 4 oz apple juice, 6 oz clear broth, gelatin, tea.
- Meal 3: 4 oz lemonade, 6 oz clear broth, gelatin, tea.

THINGS TO KNOW

An adult must accompany you. After your procedure, you will be observed until you are alert enough to leave with a friend or family member who can help you as you are discharged.

Arrange for transportation home. Someone will need to drive you home after your procedure. Or, if you plan to use public transportation, you must have an adult accompany you on the bus.

Where to park. Astera Health is located at 421 11th St. NW in Wadena. Please park in the Emergency parking lot and enter through the Emergency door.

If you are sick the day before your procedure. If you have a cold, fever, cough, runny nose, sore throat or vomiting the day before your procedure, please call **218-631-7581**. For your safety, we may need to reschedule your procedure.

Remember. Do not eat, drink, smoke, use chewing tobacco, chew gum or eat hard candies after midnight.

We're always here to help. If you have questions or concerns about your procedure, please call **218-631-5202**.

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